

## ACTIVITIES REPORT: ILC-BRAZIL

### EXPANSION OF ILC-BRAZIL.

ILC-BRAZIL has launched a substantial expansion of its operating structure. ILC-Brazil continues to be headquartered in Rio de Janeiro, but it has now established regional hubs in the states of São Paulo (São Paulo City), Rio Grande do Sul (Porto Alegre) and Minas Gerais (Belo Horizonte). In addition, ILC-BRAZIL has appointed long term senior collaborators to act as focal points on seven issues deemed as ILC Brazil priority areas of work: 1) *race/colour*; 2) *women and ageing*; 3) *housing*; 4) *care*, 5) *age friendly hospitals*; 6) *age friendly communities*; and 7) *primary health care*. The new ILC-BR structure was formally launched at a public event in Sao Paulo in August 2019.

We are sad to lose our wonderful Technical Director, Ina Voelker, who returned to her native Germany early in 2019, after six years of full professional dedication to ILC Brazil. Ina is now pursuing an exciting new career as Project Officer in the international division of the German National Association of Senior Citizens' Organisations. Her enormous contributions to ILC-BR are greatly missed although we continue to collaborate.

### EVENTS

**ILC-BRAZIL 5th INTERNATIONAL LONGEVITY FORUM - Building Resilience across the Life course.** *Resilience-building* was the theme of the 5<sup>th</sup> ILC-BR International Forum held in Rio de Janeiro in October 2017. With support from Bradesco Insurance, the Dutch diplomatic mission to Brazil, MSD among other partners, the event brought together over 25 speakers from the Netherlands, Germany, US, UK, Australia, Argentina in addition to local ones.

**ILC- BRAZIL 6<sup>th</sup> INTERNATIONAL LONGEVITY FORUM - Designing the Future of Ageing.** Baroness Greengross of ILC-UK, Stephen Johnston of Ageing 2.0, Anna Dixon of the UK Centre for Ageing Better were among the international speakers at the 6<sup>th</sup> ILC-BR International Forum held in Rio de Janeiro in November 2018. In addition to the above mentioned partners the Forum was supported by the Salzburg Seminars who were represented by three Fellows Alexandre Kalache, ILC-BR President; Stephen Johnston, Founder and CEO of Ageing 2.0; and Marcelo Caetano, Secretary-General of the International Social Security Association (ISSA).

**ILC- BRAZIL SYMPOSIUM: STRATEGIES FOR ACTIVE AGEING – Promoting Health and Preventing Disease.** ILC-BRAZIL organised a two-day symposium on Active Ageing strategies at the UNIBES Cultural Centre in Sao Paulo on 7 - 9 August 2019. The keynote speaker was the President-elect of the International Association of Gerontology and Geriatrics (IAGG),

Geriatrician Jose Ricardo Jauregui from Argentina. The event brought together experts from six Latin American countries. The focus of discussion was on public policy experiences and new ways to operationalize the Active Ageing models. For a full account of the symposium – see Revista APTARE special feature September-December 2019 issue.

**ILC- BRAZIL SYMPOSIUM – Policies for Ageing: Past, Present and Future.** With financial patronage by MSD and TENA and collaboration with the Sao Paulo University of Third Age, ILC-Brazil organised the II International Symposium for policies on Ageing in Sao Paulo on 19<sup>th</sup> October 2018. The event focused on public policy requirements for the next ten years.

**INTERNATIONAL LONGEVITY FORUM IN SPAIN - Designing the Future of Ageing.** In partnership with the Andalusian School of Public Health (EASP) and in association with the Junta de Andalucia and the European Union, ILC-BRAZIL conceived and organised a three-day forum on the theme of *designing the future of ageing* at EASP in Granada, Spain, 3-5 June 2019. ILC-Brazil President Alexandre Kalache presented the opening address on *Challenges related to Longevity in the 21<sup>st</sup> Century* and moderated the sessions on *health* and *participation*. Baroness Greengross of ILC-UK delivered the afternoon keynote on the subject of *Maintaining a Purpose of Life within the context of the Longevity Revolution*. Kalache has had a continuous association with EASP since its establishment in 1985, including his current position as Associate Professor. It is anticipated that some of the partners at this meeting will form the nucleus of a new ILC Iberian Peninsular.

**SWEDISH ROYAL PALACE EVENT – Dementia X.** ILC-Brazil President, Alexandre Kalache was a guest at the Royal Palace of Stockholm on the 15<sup>th</sup> May 2019 to take part in an on-going global initiative to combat dementia. Hosted by HM Queen Silvia of Sweden, the event was organised by the Forum for Elderly Care with Swedish Care International as founding partner and the Karolinski Institute, the AARP and other collaborating partners. The Dementia X Forum brought together around 130 stakeholders – leading business executives, policy makers, researchers and advocates. In addition to HM Queen Silvia, other high-profile participants were HM Queen Sofia of Spain, HRH Princess Sofia of Sweden, Her Imperial Highness Princess Takamodo of Japan and Their Excellencies, the First Lady of Iceland, Eliza Reid and the First Lady of Chile, Cecilia Morel Montes. The three key areas of focus were finance, innovation and the brain health of women. Dr Kalache has had a number of meetings with Brazilian-raised Queen Silvia over the years because of a common interest in the subjects of care and dementia.

Since the last ILC-GA meeting, ILC-BRAZIL has contributed to the following events. (This is far from an exhaustive list). The 2019 WHO General Assembly, WEF Global Agenda Council, IFA Global Conference, Canadian *Addressing Inequalities* Summit, Brazilian Federal Congress, Ageing 2.0 Americas Summit, Berlin Demographic Forum, Age-friendly Chile Launch, Washington DC Healthy Ageing Summit, Hong Kong Jockey Club Foundation meeting, EU MasterMind, American Chamber of Commerce for Brazil, Shell LiveWIRE, Regional Conference of the Asian Bank of Development, Conference of the Age-friendly Universities

Network, Tsao Foundation Expert Series Seminar, UNESCO Learning Cities Summit, Congress of the Brazilian Society of Gerontology and Geriatrics (national and regional), the Congress of the Brazilian Association of Medical Students.

## ADVOCACY

For almost five years, ILC-BRAZIL President Alexandre Kalache has hosted a weekly programme on ageing issues on Brazilian Radio CBN. The 30 minute programme airs nationwide every Saturday morning at 9.30am and is repeated every Sunday evening at 9.00pm. He additionally acts as permanent contributing editor to the nation-wide television current affairs programme Sem Censura, an important opinion-former in Brazil and contributes a monthly article on different aspects of ageing for the on-line platform Live Longevity that was launched in October 2017. Kalache regularly represents ILC-BR in national and international media. In Jan 2019 he gave an 80 minute solo tv interview for Roda Viva on TV Cultura, arguably Brazil's foremost opinion-former. Kalache and other members of the ILC-BR team are frequent guests on GLOBO News and current affairs programmes in addition to print and digital mediums. In 2018 alone Kalache gave over 120 interviews to various media formats.

## PROJECTS

**AGE-FRIENDLY CITIES PROJECTS.** Using tools specifically tailored to the Brazilian setting, ILC-BRAZIL has developed the methodology and is currently supervising the implementation of three new Age-friendly City projects in Brazil – Sao Jose do Rio Preto (SP), Gramado (RGS) and Jaguariuna (SP).

**AGE-FRIENDLY HOSPITALS PROJECT.** Having developed a specific methodology and action plan for Age-friendly hospitals and piloted it in Sao Paulo, ILC-BR is implementing it in Veranopolis, the city with the oldest age demographic in Brazil. Alexandre Kalache has been awarded honorary citizenship of this city in recognition of the work of ILC-BR on age-friendly in this city in the State of Rio Grande do Sul.

**DIGITAL PLATFORM.** ILC-BR is working with Brazil's largest private insurance provider (Bradesco Seguros) to provide monthly content for a new digital platform on issues of longevity.

## PUBLICATIONS

**Building Resilience throughout our Increasingly Longer Lives,** ILC-BR Report of the 5<sup>th</sup> International Longevity Forum 2017. Available: ILC-BR Publications.

**Designing the Future of Ageing**, ILC-BR Report from the 6<sup>th</sup> International Longevity Forum 2018. Available: ILC-BR Publications.

**Empowerment of the Ageing Population: a contribution to Active Ageing**. Book chapter in Oxford Textbook of Geriatric Medicine, Eds. Michel, J; Beattie, L; Martin, F; Watson, J; Oxford Textbook of Geriatric Medicine 3<sup>rd</sup> Edition. Oxford University Press. 2017.

**Active Ageing and the Longevity Revolution**. Book chapter, Springer Handbook of Active Aging and Quality of Life; From Concepts to Applications, Kalache, A; Voelker, I. Eds. Fernandez-Mayorales, G; Roja-Perez, F; Springer Publications, In Press 2019.

**An Education Revolution to follow the Longevity Revolution**, Revista Brasileira Gerontologia e Geriatria. Ed. Veras, R. In Press 2019.

**Nutrician Interventions for Healthy Ageing across the Lifespan**: Co-author, CRN-International, Council for Responsible Nutrition, Berlin Demographic Forum Publication, 2018.